

LIVE WELL. *Be well.*

Focusing on the **eight**
key dimensions of
wellness, Towne Club

Windermere's lifestyle
encourages a more satisfying
sense of well-being,
connection and comfort
throughout all stages of life.



TOWNE CLUB
— Windermere —

A Senior Living Community

Where the living is easy!

Independent Living
Assisted Living | Memory Care

To learn more, call us at
770-844-7779



PHYSICAL: Remaining active, establishing a healthy diet and lifestyle and avoiding harmful habits can benefit the body inside and out.



EMOTIONAL: Knowing how to recognize and embrace one's thoughts and emotions and empathizing with others is key to healthy emotional well-being.



SOCIAL: A socially well person establishes and maintains healthy relationships with friends, family and peers based on mutual trust and respect.



INTELLECTUAL: Exercising the brain with stimulating activities has proven health benefits. Expanding one's knowledge and pursuing new creative outlets also can lead to improved cognitive health.



SPIRITUAL: Spiritual wellness is an ongoing process of finding meaning, purpose and direction in your life. It also offers peace and security, especially when facing challenges.



VOCATIONAL: Active adults can maintain a sense of identity and purpose by sharing their experiences and talents through volunteerism.



HEALTH SERVICES: Medical screenings and regular exams, along with the proper management of health care needs, can lead to longer, healthier and happier lives for seniors.



ENVIRONMENTAL: Caring for your physical surroundings can create lasting and healthy benefits for you, your community and the environment.



Towne Club Windermere

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